

# Washington Latin PCS Wellness Policy

## Healthy Schools Act of 2010 guidelines

### 1-Healthy foods and beverages sold individually in vending machines, snacks and fundraisers must be:

- Fruit based drinks that contain 100% fruit juice and no additional caloric sweeteners
- Water or seltzer water; and
- Low-fat or fat-free milk

Snacks and sweets or side dishes sold/served **outside of the federal meal program** must meet these standards:

- Total Fat: <35% total calories from fat
- Saturated fat and trans fat: <10% total calories from saturated fat
- Sugar: <35% weight from sugars, excluding sugars occurring naturally
- Sodium: <230 mg/serving (snacks): <480 mg (pastas, meats, soups); <600 mg (pizza, sandwiches)
- Limited portion sizes for snack items, desserts, and beverages sold individually.

### 2-Sec.b206(e) of the Healthy Schools Act

- Schools shall not permit third parties to sell foods or beverages on school property 90 minutes before the school day begins until 90 minutes after the school day ends;
- Schools shall promote foods & beverages that meet nutrition standards

### 3-Food Marketing in Schools Celebrations

- Schools should limit celebrations that involve food to no more than ***one party per class per month.***
- Each party should include ***<1 item that does not meet nutrition standards.***

This Local Wellness Policy (LWP) outlines Washington Latin's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. This policy applies to all students, staff and schools at Washington Latin PCS. Specific measurable goals and outcomes are identified within each section below.

## Local Wellness Committee

### *Committee Role and Membership*

Martita Fleming, Director of Operations, will establish a Local Wellness Committee that meets at least two times per year to develop goals for and oversee implementation of school health and safety policies/programs, including periodic reviews and updates of this LWP.

The Local Wellness Committee will represent all school levels (middle and upper schools) and include (to the extent possible), but not be limited to: parents/guardians and caregivers; students; physical education teachers and athletic director; school health professionals (e.g., nurses, health educators, and other allied health personnel who provide school health services), and mental health and social services staff (e.g., school counselors, psychologists, social workers, or psychiatrists); school administrators (e.g., superintendent, principal, vice principal); school board members; health professionals (e.g., dietitians, doctors, nurses, dentists); and the general public. When possible, membership will also include the School Social Worker to represent the Supplemental Nutrition Assistance Program Education coordinators (SNAP-Ed).

### ***Leadership***

Each school will designate a school wellness policy coordinator, who will ensure compliance with the policy. For the coming school year, the designated official is Martita Fleming, Director of Operations:

<b>Name</b>	<b>Title /Role at School</b>	<b>Email address</b>	<b>Role on Committee</b>
Peter Anderson	Head of School	panderson@latinpcs.org	Committee Member
Sandra Whitfield	Student Support Team	swhitfield@latinpcs.org	Committee Member
Martita Fleming	Operations	mfleming@latinpcs.org	Committee Member
Kerry Richardson	Family Engagement	krichardson@latinpcs.org	Committee Member
Angela Anderson	Parent		Committee Member
Sangeeta Raja	Parent		Committee Member
Diana Bruce	Parent		Committee Member
Maya Harris	Parent		Committee Member
Sonya McCall-Shepard	Parent		Committee Member

## **Wellness Policy Implementation, Monitoring, Accountability and Community Engagement**

### ***Implementation Plan***

Washington Latin will develop and maintain an implementation plan for implementing this LWP. This plan will delineate the roles, responsibilities, actions and timelines specific to each school; and include information about who will be responsible to making what change, by how much, where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness.

Washington Latin will use a variety of tools (see list below) to complete school-level assessments of implementation of this plan; based on the results the school will create an action plan, implement the

plan and generate an annual report. Washington Latin will retain records to document compliance with the requirements of this LWP at the main office and with the Office of the State Superintendent of Education.

Documentation maintained in these locations will include but is not be limited to:

- This written LWP
- Documentation demonstrating that the policy has been made available to the public
- Documentation of efforts to review and update the LWP; including an indication of who is involved in the update and methods the LEA uses to make stakeholders aware of their ability to participate on the Local Wellness Committee
- Documentation to demonstrate compliance with the annual public notification requirements
- The most recent assessment on the implementation of the LWP
- Assessment documents will be made available to the public

Washington Latin will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The school will make this information available via the school website <https://latinpcs.org> and through Latin community-wide communications. This will include a summary of the school's events or activities related to wellness policy implementation. Annually, Washington Latin PCS also will publicize the name and contact information of the school officials leading and coordinating the Local Wellness Committee, as well as information on how the public can get involved with the Committee.

### ***Triennial Progress Assessments***

At least once every three years, Washington Latin will conduct a Triennial Progress Assessment and develop a report that reviews the school's compliance with this LWP. This assessment and report will include a full description of the progress made in attaining the goals of Latin's LWP.

The positions/persons responsible for managing the triennial assessment and report are Martita Fleming, Director of Operations, and Peter Anderson, Head of School. The above referenced individuals will monitor Washington Latin's compliance with this LWP and develop the triennial progress reports by utilizing, among other tools, the annual LEA self-evaluations described in the above section. Washington Latin will actively notify households/families of the availability of the triennial progress report.

### ***Establishing a Plan to Measure the Impact and Implementation of the Local Wellness Policy***

Washington Latin PCS will evaluate compliance and effectiveness of this LWP using existing data collection tools, such as, but not limited to:

- School Health Index
- FITNESSGRAM data collection and analysis
- OSSE Health and Physical Education student assessments
- DC Healthy Schools Act School Health Profiles
- Centers for Disease Control and Prevention School Health Profiles
- Youth Risk Behavior Surveillance System results
- WellSAT 2.0

- USDA triennial administrative review

### ***Revisions and Updating the Local Wellness Policy***

This LWP will be assessed and updated at least every three years, following the triennial assessment discussed above. The Local Wellness Committee will update or modify this LWP based on the results of Latin's annual self-assessment, the USDA triennial administrative review, and on other variables, including if and when Latin's health priorities change; the community's health needs change; the wellness goals are met; new health science arises, new technology emerges; and new federal or state guidance and standards are issued.

### **Community Involvement, Outreach and Communications**

Washington Latin is committed to being responsive to community input, which begins with awareness of the LWP. The school will actively communicate ways in which representatives of the Local Wellness Committee and others can participate in the development, implementation and periodic review and update of the LWP through a variety of means appropriate for Washington Latin.

- The school will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards.
- Washington Latin will actively notify the public about the content of or any updates to this LWP annually, at a minimum Washington Latin will also use these mechanisms to inform the community about the availability of the annual and triennial reports.
- Additionally, Washington Latin PCS will disseminate this LWP to parents through posting it in the school office, on the school website and through our Parent-Faculty Association.

### **Nutrition**

Washington Latin is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, lean protein and fat-free or low-fat dairy, that are moderate in sodium, low in saturated fat, have zero grams trans-fat per serving (nutrition label or manufacturer's specification), and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of students, help mitigate childhood obesity, model healthy eating habits to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

Washington Latin is committed to offering school meals through the National School Lunch Program (NSLP), School Breakfast Program (SBP), and other supplemental programs, that:

- are accessible to all students
- are appealing and attractive to students
- are served in clean and pleasant settings
- meet or exceed current nutrition requirements established by local and federal statutes and regulations
- ensure all qualified students will become eligible for free lunch
- schools will provide at least 20 minutes for students to eat lunch and sufficient time during the lunch period for every student to pass through the service line

- schools will operate a Universal “Free for All” School Breakfast Program in the cafeteria
- promote healthy food and beverage choices by using Smarter Lunchroom techniques, such as the following:
  - whole fruit options offered in attractive, accessible settings
  - sliced or cut fruit offered, especially for age-appropriate students
  - alternative entrée options (e.g., salad bar, vegetarian options) are highlighted on posters or signs within all service and dining areas
  - student surveys and taste testing opportunities are used to inform menu development, dining space decor and promotional ideas
  - placing white milk at the front of the coolers
  - menus will be posted on the LEA website or individual school website and will include nutrient content and ingredients

Washington Latin will strive to implement the following Farm to School activities:

- Hosting a school garden and engaging students in the maintenance of that garden
- Local and regional products are incorporated into the school meal program

### ***Staff Qualifications and Professional Development***

All nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education and training required in the [USDA Professional Standards for Child Nutrition Professionals](#).

### ***Water***

To promote hydration, free, potable drinking water will be available to all students throughout the school day and throughout every school campus. Washington Latin PCS will make drinking water available where school meals are served during mealtimes. Additionally, Washington Latin PCS will also ensure that all water sources and containers will be maintained on a regular basis to ensure good hygiene and health safety standards.

### ***Competitive Foods and Beverages***

Washington Latin is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. The foods and beverages sold and served outside of the school meal programs (e.g., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools, are available [here](#).

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day will meet or exceed the USDA Smart Snacks nutrition standards and the DC Healthy Schools Act 2010.

### ***Rewards***

Washington Latin will not use foods or beverages as rewards, incentives or prizes for academic performance or good behavior that do not meet the above nutritional requirements.

### ***Third-Party Vendors***

Washington Latin will not permit third-party vendors to sell foods or beverages of any kind to students on school property from midnight on the day school begins to 90 minutes after the school day ends, in accordance with the Healthy Schools Act and USDA Smart Snacks Standards.

### ***Fundraising***

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day. Washington Latin will make available to parents and teachers a list of healthy fundraising ideas including the following: walk-a-thons, Jump Rope for Heart, and dance-a-thons. Fundraising during and outside school hours will sell only non-food items or foods and beverages that meet or exceed the Smart Snacks nutrition standards.

### ***Food and Beverage Marketing in Schools***

Washington Latin is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Washington Latin PCS strives to teach students how to make informed choices about nutrition, health and physical activity. It is Latin's intent to protect and promote students' health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with this LWP.

Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards. Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product. This term includes, but is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container;
- Displays, such as on vending machine exteriors;
- Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards or backboards (note: immediate replacement of these items are not required; however Washington Latin, will replace or update scoreboards or other durable equipment when existing contracts are up for renewal or to the extent that is financially possible over time so that items are in compliance with the marketing policy);
- Corporate brand, logo, name, or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans, and other food service equipment; as well as on posters, book covers, pupil assignment books, or school supplies displayed, distributed, offered, or sold by Washington Latin;
- Advertisements in school publications or school mailings; and
- Free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product.

As Washington Latin's school nutrition services, athletics department and Parent-Faculty Association (PFA) reviews existing contracts and considers new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by this LWP.

### ***Nutrition Promotion***

Washington Latin will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

- Implementing 10 or more evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques
- Ensuring 100 percent of foods and beverages promoted to students meet the USDA Smart Snacks nutrition standards. Additional promotion techniques that Washington Latin PCS schools may use are available here.

### **Ensuring Quality Nutrition Education, Health Education and Physical Education**

Washington Latin aims to provide age-appropriate and culturally sensitive instruction in nutrition, health and physical education that help students develop the knowledge, attitudes and skills to enjoy healthy eating habits and a physically active lifestyle.

### ***Nutrition Education***

Washington Latin will teach, model, encourage, and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that:

- is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects
- Includes enjoyable, developmentally appropriate, culturally relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, and school gardens
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity and exercise)
- Links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods, and nutrition-related community services
- Teaches media literacy with an emphasis on food and beverage marketing
- Includes nutrition education training for teachers and other staff
- Provides opportunities for students to practice the skills taught through the health education curricula.

### ***Essential Healthy Eating Topics in Health Education***

Washington Latin will include in the health education curriculum the following essential topics on healthy eating:

- Relationship between healthy eating and personal health and disease prevention
- Balancing food intake and physical activity
- Social influences on healthy eating

### **Health Education**

Washington Latin is dedicated to providing formal, structured health education, consisting of planned learning experiences that provide the opportunity to acquire information and the skills students need to make quality health decisions. As such the school will provide students a comprehensive school health education that address a variety of topics such as alcohol and other drug use and abuse, healthy eating, nutrition, mental and emotional health, personal health and wellness, physical activity, safety and injury prevention, sexual health, tobacco use, and violence prevention. Health education curricula and instruction should address the [DC Health Education Standards](#) and incorporate the [characteristics of an effective health education curriculum](#). Washington Latin will provide health education that:

- Is offered at least 75 minutes per week at each grade level, 5-8, as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health
- Is incorporated into classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects
- Incorporates an age-appropriate sequential health education curriculum that is consistent with District and national standards for health education
- Incorporates active learning strategies and activities that students find enjoyable and personally relevant;
- Incorporates opportunities for students to practice the skills needed to maintain and improve their health
- Incorporates a variety of culturally-appropriate activities that reflect the community's cultural diversity
- Incorporates assignments or projects that encourage students to have interactions with family members and community organizations
- Requires the health instructors to participate at least annually in health education professional development
- Requires professional development for all teachers in classroom management techniques every two years

Additionally, in an effort to ensure reinforcement of health messages that are relevant for students and meet community needs, Washington Latin will base its health education program in part on the results of the Health and Physical Education Assessment and in collaboration with the community. Washington Latin will also seek to imbed health education as part of student visits with the school nurse, through posters or public service announcements and through conversations with family and peers.

### **Improving Environmental Sustainability**

Washington Latin will seek to improve its environmental sustainability and engage in sustainable agriculture practices through:

- contracting with food service vendors that utilize locally grown, locally processed and unprocessed foods from growers engaged in sustainable agriculture practices
- maintaining a school-wide recycling programs
- hosting a school garden
- offering and AP Environmental Studies curriculum, as possible

### **Physical Education and Physical Activity**

Washington Latin acknowledges the positive benefits of physical activity for student health and academic achievement. It is the goal of Washington Latin that students engage in the recommended 60 minutes per day of physical activity. Additionally, recognizing that physical education is a crucial and integral part of a child's education, we will provide opportunities to ensure that students engage in healthful levels of vigorous physical activity to promote and develop the students' physical, mental, emotional, and social well-being.

The components of Latin's physical education program shall include a variety of kinesthetic activities, including team, individual, and cooperative sports and physical activities, as well as aesthetic movement forms, such as dance, yoga or the martial arts, as well as, goals to increase physical activity for students to satisfy the Healthy Schools Act requirement.

Students shall be given opportunities for physical activity through a range of before-and/or after-school programs including, but not limited to, interscholastic athletics, fitness, and exercise programs open to all students and physical activity clubs. Washington Latin will ensure that:

- students in grades 6-8 receive at least 225 minutes per week of physical education
- physical education teachers shall develop and implement a curriculum that connects and demonstrates the interrelationship between physical activity, good nutrition and health
- 50 percent of physical education class time is devoted to actual physical activity
- suitably adapted physical activity shall be provided as part of the individualized education plan (IEP) developed for students with disabilities
- physical education staff shall appropriately limit the amount or type of physical exercise required of students during air pollution episodes, excessively hot weather or other inclement conditions
- physical activity is neither required nor withheld as punishment